

Adults

Arts/Dance/Enrichment

Autumn Brunch at Glenview Mansion

Join us for Sunday Brunch at Rockville's historic Glenview Mansion. Dine on a sumptuous buffet in the elegant setting of this 18th-century home. A brief lecture by renowned historic preservationist, and restoration designer C. Dudley Brown, 'How Old Works as New,' precedes brunch. After your repast, you may choose to enjoy the opening of a new art exhibition including porcelains, paintings and fiber arts in the 2nd floor galleries, along with a concert in the Conservatory.

Ages: 12+

Course #	Day	Date	Time	Fee (PP)
20315	Su	Oct 1	10:30am-2:30pm	\$35

Location: Glenview Mansion

Ballet for Adults



Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. See Teen Ballet for more classes.

Advanced Beginner

Ages 13+. No class 11/23 & 11/30.

Course #	Day	Date	Time	Fee (R/NR)
19620	Th	Sep 21-Dec 7	7:45pm-9pm	\$75/\$89

Advanced

Ages 13+. No class 11/7 & 11/28.

19618	Tu	Sep 19-Dec 5	6:30pm-7:45pm	\$75/\$89
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Ages 13+. No class 11/23 & 11/30.

19619	Th	Sep 21-Dec 7	6:30pm-7:45pm	\$75/\$89
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Instructor: Mangan

Location: Rockcrest Ballet Center and Park

Ballroom Dance



Even if you think you have 'two left feet' come join us, have fun and be surprised at what you can learn! We will teach you the basic steps in the standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Note: Class and fee is for couples only.

Beginner

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19635	W	Sep 20-Nov 8	7:30pm-8:30pm	\$92/\$104

Intermediate

Beginner ballroom dance experience.

Ages: 16+

19636	W	Sep 20-Nov 8	8:30pm-9:30pm	\$92/\$104
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Instructor: Mola

Location: Ritchie Park Elementary School

Belly (Mid Eastern) Dancing



Learn an exciting and ancient dance. This art form incorporates movements from folk, social, and classical traditions of Middle Eastern cultures. Wear exercise apparel, bring a scarf for tying around your hips, ballet slippers or dance in bare feet. Students enrolled in Advanced Beginner must have completed the Beginner course.

Beginner

Ages: 16+

No class 10/10 & 11/7.

Course #	Day	Date	Time	Fee (R/NR)
20346	Tu	Sep 19-Nov 28	12 noon-1pm	\$66/\$78

Instructor: Basane

Location: Twinbrook Community Recreation Center

Ages: 16+

No class 11/7.

19639	Tu	Sep 19-Nov 28	7:30pm-8:30pm	\$73/\$86
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Instructor: Basane

Location: Rockville Senior Center

Ages: 14+

No class 11/23

19637	Th	Sep 21-Nov 30	7pm-8pm	\$73/\$86
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Instructor: Amara

Location: Twinbrook Community Recreation Center

Advanced Beginner

Ages: 16+

No class 11/7.

20383	Tu	Sep 19-Nov 21	8:30pm-9:30pm	\$73/\$86
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Instructor: Basane

Location: Rockville Senior Center

Ages: 14+

No class 11/23

19638	Th	Sep 21-Nov 30	8pm-9pm	\$73/\$86
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Instructor: Amara

Location: Twinbrook Community Recreation Center

Adults

Conversational Spanish I

This beginner class is for students who have a basic vocabulary and command of grammar and are beginning to use that knowledge for conversation. Topics will be assigned each week while building on vocabulary, grammar, and expressions.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19644	W	Sep 20-Nov 8	7pm-9pm	\$79/\$93

Instructor: Cuesta

Location: Rockville Senior Center

Conversational Spanish II

Continuation of basic Spanish will offer an opportunity to further enhance your skills. Emphasis on pronunciation and comprehension, using simple topics to give you command of idioms and vocabulary.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19645	M	Oct 9-Nov 27	7pm-9pm	\$79/\$93

Instructor: Cuesta

Location: Rockville Senior Center

Cooking - Intro. to Shellfish *New*

As we enter the prime mollusk months learn to cook shellfish properly. Learn to shuck oysters and clams. Try grilled oysters, clams with mignonette sauce, and mussels with white wine. Demonstration. Note: \$10 food fee due to instructor at class. Refund requests only considered if received 4 or more days prior to class.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
20336	F	Oct 20	7pm-10pm	\$50/\$59

Instructor: Ferguson

Location: Rockville Senior Center

Cooking - Knife Skills

Learn the proper way to hold, sharpen and care for your knives. Discuss different types of knives and tasks on which they work best. Learn basic French cuts and how to break down a whole chicken. Bringing own knife is optional but encouraged. Participation class. \$5 food fee payable to instructor. Refund requests considered only if received 4 or more days prior to class.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
19649	F	Oct 6	7pm-10pm	\$40/\$47

Instructor: Ferguson

Location: Rockville Senior Center

Cooking - Perfect Turkey *New*

Learn to prepare the perfect turkey. We'll make apple stuffing, cranberry confiture, and assorted roasted root vegetables too. Come with your questions and leave with the answers to make your holiday dinner perfect. Demo class. Note: \$10 food fee due to instructor at class. Refund requests only considered if received 4 or more days prior to class.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19651	F	Nov 3	7pm-10pm	\$50/\$59

Instructor: Ferguson

Location: Rockville Senior Center

Digital Photography and Editing

Learn functions of the digital camera, with an emphasis on composition. Second half of class will focus on editing with Photo Elements 2. Note: Bring a digital camera, manual (read prior to class) and some photographs to class. Knowledge of basic computer skills is required for beginners class. \$12 supply fee due to instructor.

Beginners

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
19764	W	Oct 4-25	7pm-9pm	\$85/\$96

Instructor: Bender

Location: Rockville Senior Center

Intermediate-Advanced *New*

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
20314	W	Nov 1-22	7pm-9pm	\$85/\$96

Instructor: Bender

Location: Rockville Senior Center



Adults

Dogs - Basics and Beyond



Instructor will address common undesired behaviors and show owners positive ways to change them. Use basic obedience - sit, down, stand, stay - and innovative techniques to resolve problems, such as leash pulling, biting, grabbing treats, jumping and others. No class 9/23.

Ages: 6+ months

Course #	Day	Date	Time	Fee (R/NR)
20347	Sa	Sep 9-Oct 28	9am-10am	\$49/\$58

Instructor: Zicht

Location: Rockville Senior Center

Getting Paid to Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Record a commercial script under the direction of a producer.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
20329	Tu	Oct 10	6:30pm-9pm	\$19/\$22

Location: Rockville Senior Center

Guitar *New*

Learn how to care for your instrument, tune a guitar, names of the strings, notes on the fret board, how to play major and minor chords, and some seventh chords. Proper picking techniques and different ways of strumming will be covered. Bring fully strung guitar (preferably acoustic), electronic tuner, and pencil. No class 11/7.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
20337	Tu	Sep 19-Nov 14	8pm-9pm	\$86/\$99

Instructor: Hayton

Location: Rockville Senior Center

Hip-Hop Dance for Adults



Hip-Hop dancing is not just for the very young. Adults can benefit from an aerobic workout while learning the latest dance moves and listening to the sounds of the street. If you've got rhythm and you know what's up (or just interested in knowing), this class is for you! Note: Wear loose fitting clothing and tennis shoes. No class 10/20.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19656	F	Oct 6-Nov 17	7:30pm-8:30pm	\$47/\$55

Instructor: Tinoco- Liuveras

Location: Twinbrook Community Recreation Center

Knitting - Circle

A great craft and stress reliever. Join us for this easy to learn activity and get creative! Beginners will learn to knit, purl, cast on and bind off. Continuing students will perfect their skills and learn new ones. Supply list for all participants will be mailed one week prior to class.

Beginner

No class 10/2.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19695	M	Sep 18-Oct 23	6:30pm-8pm	\$36/\$42
20389	M	Nov 6-Dec 4	6:30pm-8pm	\$36/\$42

Intermediate

No class 10/2

Ages: 16+

19696	M	Sep 18-Oct 23	6:30pm-8pm	\$36/\$42
20388	M	Nov 6-Dec 4	6:30pm-8pm	\$36/\$42

Instructor: Bahr

Location: Rockville Senior Center



Adults

Line Dancing for All



Join in the fun and get some exercise too! All levels welcome. Start with the basics and add steps and combinations as you go, including the Cha-Cha and the Electric Slide. This is a non-partner, self-paced activity. Dance to a variety of country, western and popular music!

Note: Sneakers or soft-soled shoes required. No class 11/6.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19660	M	Sep 18-Nov 20	7pm-8pm	\$51/\$59

Instructor: Cunningham

Location: Ritchie Park Elementary School

Watercolor - Continuing

Watercolor instruction for students with previous experience or who have taken watercolor #20348. Try a variety of approaches and subject matter while exploring experimental and traditional techniques. Bring your own supplies. No class 10/2.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
20390	M	Sep 18-Nov 13	7pm-9pm	\$96/\$113

Instructor: Ely

Location: Rockville Senior Center

Watercolor - Ready, Set, Go

Try your hand at painting in this medium. Learn basic techniques, color mixing, and brushwork. All supplies included in fee. You may register for Watercolor - Continuing #20390 if you register and attend this introductory class.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
20348	Sa	Sep 16	10am-12 noon	\$25/\$29

Instructor: Ely

Location: Rockville Senior Center

Workshops on Wine

Increase your knowledge of wines. Presenters, Neill Bassford and Bob Cecil, are partners of the award-winning Elk Run Vineyards in Frederick County. Participants must supply photo I.D. upon request. Cancellations must be received in writing at least 48 hours prior to each workshop for a refund. Participants may enjoy a free tour of Elk Run Vineyards on a future date. Transportation to Vineyard on your own.

Wine Basics

An introduction to wine appreciation

Ages: 21+

Course #	Day	Date	Time	Fee (R/NR)
20326	Th	Oct 19	7:30pm-9:30pm	\$28/\$32

Wines of Washington State

Discuss the major regions and sample representative wines.

Ages: 21+

20327	Th	Nov 16	7:30pm-9:30pm	\$28/\$32
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Instructor: Cecil

Location: Glenview Mansion

Fitness/Wellness

Cardio Tennis *New*



Get a great aerobic workout, burn calories and hit tennis balls all at the same time. Class consists of a 10 minute warm up, followed by 40 minutes of cardio activity, and a 10 minute cool down. To gain maximum benefits, register for a class based on your experience and fitness level. Bring a water bottle.

Beginner/Novice

Free Demonstration! Participants must register by Sept. 6 or until Demo is filled.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
20369	Sa	Sep 16	9:30am-10:20am	Free

Beginner/Novice

Ages: 16+

20367	Sa	Sep 30-Oct 28	9:30am-10:20am	\$52/\$61
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Intermediate/Advanced Level

Ages: 16+

20368	Sa	Sep 30-Oct 28	10:30am-11:20am	\$52/\$61
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Instructor: Prasert

Location: Glenview Mansion

Chi Walking *New*



Designed for those who want to begin a walking routine but have not exercised in years...or ever! Emphasizes proper biomechanics of walking based on principles borrowed from T'ai Chi. Makes walking easier on the body and helps eliminate the aches of walking incorrectly. Includes standing with correct posture and some short-distance walking. T-shirt included.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
20341	Sa	Oct 7	9am-12 noon	\$3/\$5

Location: Rockville Senior Center

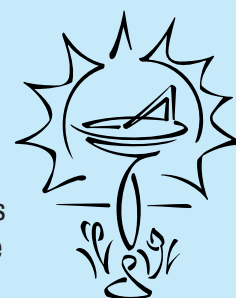
Ages: 16+

20342	Sa	Oct 7	2pm-5pm	\$3/\$5
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Location: Twinbrook Community Recreation Center

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. The department will make every effort to accommodate those on the waiting list (adding classes, etc.) If any openings become available, we will then go to the waiting list to fill the class.



Adults

Combo Step Aerobics



Enjoy a great cross training workout including low impact aerobics, step aerobics and strength training. Prepare your muscles for a new diversion each week. Note: Bring weights and a towel or mat. No class 9/23 & 11/11.

Register for three of the following classes and receive a \$7 discount: #19762, #19791, #19792 & #19812. Register by mail, fax or in-person.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19762	Sa	Sep 9-Dec 9	9am-10am	\$55/\$63

Instructor: Rourke

Location: Rockville Senior Center

REP Reebok



Enjoy a simple and effective way to improve strength and definition of muscle groups. Pre-choreographed workout includes routines to strengthen all muscles, designed to benefit all fitness levels. Step platform and free weights used. Steps are provided. No class 11/23.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19792	Tu	Sep 5-Dec 5	6:20pm-7:20pm	\$77/\$91

Instructor: Quintiere

Ages: 15+

19791	Th	Sep 7-Dec 7	6:15pm-7:15pm	\$72/\$85
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Instructor: Quintiere

Location: Rockville Senior Center

Step Aerobics



For that extra fitness push, join us in a low-impact, cardiovascular workout using a step platform (which is provided). Enjoy this high energy and invigorating workout. Recommended for Intermediate and Advanced levels.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19812	Tu	Sep 5-Dec 5	5:30pm-6:15pm	\$77/\$91

Instructor: Quintiere

Location: Rockville Senior Center



Couples Communication Tools

Learn six essential skills needed to develop and maintain a joyful relationship. The instructors, Jon and Beverly Meyerson, have been featured in Washington area newspapers and have had great success in coaching hundreds of couples. Visit their website at www.couplestools.com. Cost is per person, for 3 sessions. Individuals must enroll with a partner.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
19763	F	Oct 20-Nov 3	7:30pm-9:30pm	\$70/\$82

Location: Rockville Senior Center

EFT: For Pain and Stress Relief



Emotional Freedom Tapping (EFT) is an acupressure technique that can alleviate most aches and pains, fears, anxieties, cravings, and many other distressing conditions. It can improve job performance, athletic ability and more. It is easily learned and often works when nothing else will. EFT involves no drugs or equipment, has long lasting effects.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
20324	W	Sep 27	7pm-9pm	\$47/\$54

Instructor: Groves

Location: Rockville Senior Center

EFT: Going a Step Further



This Emotional Freedom Tapping (EFT) class is for those who have taken the Beginner's class. It will answer your questions, help you pick more effective set-up phrases, discuss possible obstacles, and discover ways for you to apply EFT to deeper issues. We will talk about your experiences with EFT, as well as discuss some of the latest research.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
20328	W	Nov 8	7pm-8:30pm	\$47/\$54

Instructor: Groves

Location: Rockville Senior Center

Fat Burning Aerobics



Shape up in this new high energy workout that is fun, effective and open to all fitness levels. Just the right intensity to help burn fat and calories that will help you look your best. Body toning, stretching, legs and ab exercises. Wear comfortable clothing and bring a water bottle, towel or mat and light weights to class. No class 9/23 & 10/21.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19765	Sa	Sep 16-Dec 2	8:45am-9:45am	\$56/\$66

Instructor: Ponce

Location: Twinbrook Community Recreation Center

Adults

Fencing *New*



Designed to expose beginners to the olympic sport of fencing. Course emphasizes safety and proper technique. Equipment provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Foil swords are used which are designed to flex.

Ages: 14+

Course #	Day	Date	Time	Fee (R/NR)
20318	Sa	Sep 30-Dec 2	2pm-3:20pm	\$140/\$156

Location: Rockville Ice Arena

Gateways to Health



Step up to a healthier lifestyle! Through breathing exercises, visualization, gentle self-massage and T'ai Chi Chuan, learn to relax and reduce stress.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
19768	Th	Oct 5-Nov 9	7:45pm-8:45pm	\$45/\$55

Instructor: Skipton

Location: Elwood Smith Community Center

Golf - Beginner



Get into the swing of golf . . . learn proper swing mechanics, golf etiquette and rules. First class held rain or shine. Those owning clubs should bring them. Clubs are provided during class, if needed (Pro Shop, 240-314-8730.) Call weather line at 240-314-5023 for status of class.

Rain date: Oct.18

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19769	W	Sep 13-Oct 11	5:30pm-6:30pm	\$60/\$70

Instructor: Johnson

Location: RedGate Golf Course

Rain date: Oct. 28

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19770	Sa	Sep 16-Oct 21	1pm-2pm	\$60/\$70

Instructor: Allard

Location: RedGate Golf Course

Healthy Living Seminar

You can acquire better health and longevity by simple lifestyle changes. Learn about the impact of nutrition and vitamins as it relates to aging, disease and a healthy lifestyle.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
20384	Tu	Sep 26	7:30pm-9pm	\$5/\$7

Location: Rockville Senior Center

Jazzercise



The original dance exercise phenomenon! Each 60 minute workout blends dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. Routines are fun and easy to follow. Bring weights. No class 10/2.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19774	M	Sep 11-Dec 11	6:30pm-7:30pm	\$78/\$92

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19775	W	Sep 13-Dec 6	6:30pm-7:30pm	\$78/\$92

Instructor: Shenk

Location: Julius West Middle School

Kick Boxing



This aerobic-type workout utilizes techniques from boxing, Tae Kwon Do and other martial arts. It emphasizes stretching, conditioning and an aerobic workout. No class 10/2.

Ages: 14+

Course #	Day	Date	Time	Fee (R/NR)
19780	M	Sept 25-Nov 27	6:30pm-7:30pm	\$50/\$56

Instructor: Latchinian

Location: Rockville Senior Center

Nia - Movement/Fitness



Nia is based on movements that strengthen, open, realign, balance, invigorate and heal the body, mind and spirit. Note: All fitness levels welcome and no previous experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a water bottle and a mat. No class 11/22.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19668	W	Oct 4-Dec 6	6:30pm-7:45pm	\$65/\$77

Instructor: Liss

Location: Rockville Senior Center

Rentals: 240-314-8801

Tucked away in a quiet Rockville neighborhood, the Rockville Senior Center offers rooms of various sizes for your special event. The Center can accommodate many uses from a small birthday party for 10 to a fully catered wedding reception for 150. The rates are very affordable and include savings packages for rentals of six or more hours in length.

Adults

Pilates



Enjoy a no-impact, mind/body workout that trains core muscles that stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles and will improve posture, abdominal strength, balance and flexibility. Note: Appropriate for all fitness levels.

Ages: 16+

Beginner

Course #	Day	Date	Time	Fee (R/NR)
19788	W	Sep 27-Nov 1	6:30pm-7:30pm	\$51/\$59

Instructor: Hallman

Location: Twinbrook Community Recreation Center

Ages: 16+

Intermediate

Course #	Day	Date	Time	Fee (R/NR)
19787	W	Sep 27-Nov 1	7:30pm-8:30pm	\$51/\$59

Instructor: Hallman

Location: Twinbrook Community Recreation Center

Self-Defense for Women



Anticipating an attack can be the best type of self-defense. Learn safety tips and skills needed for handling various attacks 'on the streets' using the opponent's weakness instead of your own strength. Practice using pressure points, getting out of holds, chokeholds, basic countering to weapons and self-defense. No class 11/7.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19793	Tu	Sep 26-Dec 5	7:30pm-8:30pm	\$55/\$65

Instructor: Latchinian

Location: World Karate Masters

Slimnastics



Shape up and increase your flexibility and muscles with isotonic exercises designed to maintain fitness, improve muscle strength and reduce sports injuries. No running or jumping. Bring a mat. If participant registers for two Slimnastic classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. No class 10/2, 11/23 & 11/24.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19797	M	Sep 11-Nov 27	10am-11am	\$61/\$72

Instructor: Creamer

Location: F. Scott Fitzgerald

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19800	W	Sep 13-Nov 29	10am-11am	\$66/\$78

Instructor: Creamer

Location: F. Scott Fitzgerald

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19798	Th	Sep 14-Nov 30	6:30pm-7:30pm	\$61/\$72

Instructor: Creamer

Location: Elwood Smith Recreation Center and Park

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19799	F	Sep 15-Dec 1	10am-11am	\$61/\$72

Instructor: Creamer

Location: F. Scott Fitzgerald

Soccer for Adults



Improve physical fitness, relieve stress and have fun while you play. Taught by professional British soccer players, this class consists of small scrimmages. Focus is on skills, strategy, and teamwork. Beginners welcome! Wear cleats, shin guards, and bring water bottle. Note: Class runs simultaneously with the 5-6 year old children's class at the same location!

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
20005	W	Sep 13-Oct 18	6:30pm-7:30pm	\$78/\$92

Instructor: Fletcher

Location: King Farm Park

Stretch Your Stress Away



New

Awaken all those muscles that have been neglected and misused over time. Learn new ways to stretch every major muscle group and those little muscles that we forget about. Stretch and strengthen those weak muscles for pain management, stress relief, and also improve your posture for an overall feeling of well-being. Bring a mat.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19949	Tu	Sep 19-Oct 24	6:30pm-7:30pm	\$49/\$58

Instructor: Houser

Location: Rockville Senior Center

Tae Kwon Do



This co-ed course teaches the basics, from warm-ups and stretches to kicks, blocks, punches, combinations and conditioning. Improve your fitness level, muscle tone, flexibility, strength and self-defense skills at the same time you learn about Tae Kwon Do. No class 11/23.

Ages: 15+

Course #	Day	Date	Time	Fee (R/NR)
19818	Th	Sep 28-Dec 7	8pm-9pm	\$55/\$65

Instructor: Latchinian

Location: World Karate Masters

Adults

T'ai Chi Ch'uan



Promote your physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, you will tone your sinews and gently massage your spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements. No class 10/2.

Ages: 18+

Course #	Day	Date	Time	Fee
19815	M	Sep 11	6:45pm-7:45pm	Free

Free Demonstration - but registration is required. Come join us.

Instructor: Lamb

Location: King Farm Community Room

19813	W	Sep 20-Nov 22	7:45pm-8:45pm	\$63/\$74
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Instructor: Tuanmu

Location: Rockville Senior Center

Ages: 18+

19814	M	Sep 25-Nov 6	6:45pm-7:45pm	\$44/\$52
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Instructor: Lamb

Location: King Farm Community Room

Tennis for Adults - Beginner



Learn fundamentals including basic grips and strokes (forehand, backhand, serve and volley). Rules and scoring taught. Bring racquet; balls are provided. Call weather line, 240-314-5023 for class status. No class 9/23.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19824	Sa	Sep 6-Oct 21	10:30am-11:20am	\$52/\$61

Instructor: Pu

Location: King Farm Park

Tennis for Adults - Novice



For players who have a fundamental knowledge of tennis and familiar with grips and strokes but have difficulty sustaining a rally. Learn and review basic strokes, directional hitting, lobs and basic strategy for singles and doubles. Bring racquet; balls are provided. Call weather line at 240-314-5023 for status of class. No class 9/23.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19828	Sa	Sep 16-Oct 21	9:30am-10:20am	\$52/\$61

Instructor: Pu

Location: King Farm Park

Ages: 16+

20371	W	Sep 20-Oct 18	6pm-6:50am	\$52/\$61
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Instructor: Pu

Location: King Farm

Tennis for Adults - Intermediate



For players who can sustain a slow rally but still lack control and depth when hitting with pace. Learn top spin and slices, approach shots, return of serves, lobs and overheads. Percentage tennis, winning tactics and advanced strategy are taught. (NTRP Rating 3.0-3.5) Bring racquet; balls are provided. Call weather line, 240-314-5023 for class status. No class 10/2.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19826	M	Sep 18-Oct 23	5:30pm-7:30pm	\$104/\$123

Instructor: Levine

Location: Montrose Community Center and Park

Tennis for Adults - Adv. Intermediate



For the player who easily can sustain a rally at moderate pace but lacks variety in shot making. Learn spin, second serve, drop shots and more advanced drills for lobs and overheads. Hand signals and alternate formations for doubles and attacking volleys taught. (NTRP rating 3.5-4.0). Bring racquet; balls are provided. Call weather line at 240-314-5023 for status of class.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19820	Sa	Sept. 30-Oct 21	9am-10:20am	\$62/\$73

Instructor: Zatman

Location: Broome Gym and Athletic Park

Tennis Stroke Improvement *New*



Improve tennis strokes as you learn a new specialty shot each week such as dropshot, lob, topspin, volley and slice. Participants must be experienced (2.5 -4.0 players). Bring racket, one can of tennis balls and water bottle. Call weather line at 240-314-5023 for status of class.

No class 10/2.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
20385	M	Sep 18-Oct 23	6pm-7:30pm	\$77/\$91

Instructor: Prasert

Location: Dogwood Park

Yoga - Basic Flow for Beginners



Enjoy a meditation-in-motion and heat-building style of yoga that increases strength and flexibility and encourages purification of body and mind. Practice poses and breathing through steady and flowing sequences. Bring mat.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19684	Tu	Sep 12-Nov 14	4:15pm-5:15pm	\$80/\$94

Instructor: Bowen

Location: Thrive Yoga

Adults

Yoga - Beginner and Continuing



Through conscious breath, flow of movement, alignment, visualization and relaxation, learn how to build strength, endurance and flexibility as you flow through sun salutations, standing and seated asana. Appropriate for Beginner and Intermediate students of all ages. Bring a sticky mat and small blanket. No class 11/7.

Ages: 13+

Course #	Day	Date	Time	Fee (R/NR)
19685	Tu	Sep 12-Dec 12	6:30pm-7:30pm	\$114/\$134

Instructor: Smith

Location: Twinbrook Community Recreation Center

Yoga - Candlelight Restorative *New*



An opportunity to be still and let go! A slow, deep stretching class that uses props to support the body in order to deepen the benefits of yoga poses. Both soothing and nurturing, this class is for those who want to open to new levels of flexibility and deep breathing while practicing conscious relaxation.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19950	F	Sep 15-Nov 17	6:30pm-8pm	\$80/\$94

Instructor: Bowen

Location: Thrive Yoga

Yoga - Gentle Hatha Beginner/Continuing



Practice gentle stretching and strengthening exercises as well as deep relaxation and breathing techniques for releasing tension. Ideal for Beginning and Continuing yoga students, anyone feeling tense and senior citizens in good health. Note: Those with injuries should consult a physician prior to registration. Bring a mat. No class 10/19 & 11/23.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19688	Th	Sep 21-Dec 7	7:30pm-8:45pm	\$99/\$114

Instructor: Dodson

Location: Rockville Senior Center



Yoga - Hatha with Rudra *New*



Develop agility, balance, muscle tone, endurance and vitality through this physically challenging program. Reduce fatigue and aid relaxation to the body and mind. Learn new postures each week in a progressive, modular concept to form a sequence for use in your home practice. Wear nonrestrictive clothing and bring a blanket/mat.

Beginner

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19690	W	Sep 20-Nov 22	6:30pm-7:45pm	\$99/\$114

Continuing

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19946	W	Sep 20-Nov 22	8pm-9:15pm	\$109/\$129

Instructor: Tyson

Location: Lakewood Elementary School

Yoga - Strength, Wholeness and Health



Enjoy a powerful and effective workout. Vigorous stretches and held postures alternate with breathing, relaxation and visualization. Suited for busy people who want to stay calm, bright and centered in a high-energy world. Note: Bring a sticky mat and a blanket. No Class 11/7.

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19691	Tu	Sep 19-Dec 12	7pm-8:15pm	\$99/\$114

Instructor: Ruffieux

Location: Elwood Smith Recreation Center and Park

Yoga-lates



Join us and experience the core strengthening exercises of Pilates combined with some Yoga postures. This will give you a terrific energizing workout for both your mind and body. Bring a mat and towel.

Ages: 16+

No class 10/2 & 10/9.

Course #	Day	Date	Time	Fee (R/NR)
19693	M	Sep 11-Nov 6	8pm-9pm	\$63/\$74

Ages: 16+

No class 9/19, 9/26, 10/24 & 11/7.

Course #	Day	Date	Time	Fee (R/NR)
19694	Tu	Sep 12-Nov 14	8pm-9pm	\$54/\$64

Instructor: Hourihan

Location: King Farm Community Room

Ages: 16+

Course #	Day	Date	Time	Fee (R/NR)
19698	W	Sep 20-Nov 8	12noon-1pm	\$72/\$85

Instructor: Hourihan

Location: Twinbrook Community Recreation Center

Adults

Sports/Leagues

Basketball - Men's Fall

A competitive recreational league is. Note: Persons participating in a B or higher sanctioned recreation league are considered ineligible.

Teams play 10 single games

Ages: 18+

Course #	Day	Date	Time	Fee
19722	W	Sep 13-Nov 15	6pm-10pm	\$550

Location: Twinbrook Community Recreation Center

Softball - Co-Rec Fall

Open to all high school graduates, 18 years and older. Qualifying 2005 Fall teams may register prior to July 17. New teams (Category I) who have 60% of their players, who either are City residents or who work in the Rockville Community tax limits may register July 17. All other new teams (Category II) may register on July 19.

Reverse Softball Single games: Men must bat opposite their normal stance. Evening games.

Ages: 18+

Course #	Day	Date	Time	Fee
19723	W & F	Aug 30-Oct 6	6pm-10pm	\$350

Location: Broome Gym and Athletic Park

Softball Men's - Fall

Open to all high school graduates, 18 years and older. Qualifying 2005 Fall teams may register prior to July 17. New (Category 1) teams who have 60% of their players who either are city residents or work in the Rockville Community tax limits may register July 17. All other new teams (Category II) may register on July 19.

D Doubleheaders

Men's Doubleheader D' Softball League - Sundays or Tuesdays (14 games.)

Ages: 18+

Course #	Day	Date	Time	Fee
19713	Tu & Su	Aug 27-Nov 28	6pm-10pm	\$620

Location: Broome Gym and Athletic Park

C/D Level

Men's Doubleheader C/D Softball League. Sunday morning and afternoon games or Monday/Thursday evening games. (14 games.)

Ages: 18+

Course #	Day	Date	Time	Fee
19714	Su-M & Th	Aug 27-Nov 30	6pm-10pm	\$620

Location: Broome Gym and Athletic Park

D Single Night

Men's Single D Level. (14 games.)

Ages: 18+

Course #	Day	Date	Time	Fee
19715	W	Aug 30-Oct 4	6pm-10pm	\$350

Location: Broome Gym and Athletic Park

Volleyball - Fall/Winter Co-Rec

Open to all high school graduates, 18 years and older. Qualifying 2005 Fall teams may register prior to July 17. New teams (Category I) who have 60% of their players who are either City residents or work in the Rockville Community tax limits may register July 17. All other new teams (Category II) may register on July 19.

Volleyball - Fall Only

B/C league 3, 15 point matches upper and lower division. Self-Officiated

Ages: 18+

Course #	Day	Date	Time	Fee
19724	M	Sep 11-Nov 13	6pm-10pm	\$185

Location: Broome Gym and Athletic Park

Co-Rec Volleyball - Fall/Winter

B/C league 3, 15 point matches upper and lower division. Winter Season starts Jan. 8. Self-Officiated

Ages: 18+

Course #	Day	Date	Time	Fee
19725	M	Sep 11-Jan 22	6pm-10pm	\$360

Location: Broome Gym and Athletic Park

Volleyball - Women's Fall

Open to all high school graduates, 18 year or older. Qualifying 2005 Fall Teams may register prior to July 17. New teams (Category I) who have 60% of their players who are either City residents or work in the Rockville Community tax limits may register July 17. All other new teams (Category II) may register on July 19.

Fall only - Self-Officiated (10 weeks).

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
19726	Th	Sep 7-Nov 9	6pm-9pm	\$185

Location: Broome Gym and Athletic Park

Fall/Winter - Self-Officiated (10 weeks).

Ages: 18+

Course #	Day	Date	Time	Fee
19727	Th	Sep 7-Jan 18	6pm-10pm	\$360

Location: Broome Gym and Athletic Park



Adults

Trips

C&O Canal Bike Series

Bike the entire 184 miles of the C&O Canal, from Cumberland to Georgetown, in one-day trips. Earn a patch and certificate after completing all seven segments. Enjoy spectacular views and biking on flat terrain. Must be in good physical condition for this ride through history. Note: Participants under 18 years old must be accompanied by an adult. For more information, call 240-314-8627.

C&O #5 - Shepherdstown to Point of Rocks

25-mile segment passes by Antietam Battlefield before lunch stop in Harper's Ferry. Cost includes leadership and transportation of you and your bike. Register by: 8/30.

Ages: 12+

Course #	Day	Date	Time	Fee (R/NR)
19851	Su	Sep 10	8am-6pm	\$34/\$42

Depart From: Rockville City Hall

C&O #6 - Point of Rocks to Riley's Lock

25-mile segment begins near the historic train depot in Point of Rocks, Maryland. See the Monocacy River aqueduct and have lunch at White's Ferry. Cost includes transportation of you and your bike. Register by: 10/2.

Ages: 12+

Course #	Day	Date	Time	Fee (R/NR)
19849	Su	Oct 15	8am-6pm	\$34/\$42

Depart From: Rockville City Hall

Appalachian Trail Hiking Series

Families and individuals catch a glimpse of the area's history and folklore. The Maryland section of the Appalachian Trail has been divided into segments for day hikes. Participants must be able to hike at least two miles over rocky hills without a break and complete the distance indicated. Earn a certificate and patch after hiking all sections in the series. For more information, call 240-314-8627.

Hike 6 & 7- Gathland to Harper's Ferry

Combine these two sections of the Appalachian Trail beginning in Gathland for a 10-mile hike. Follow the ridge line to Weaverton and then descend and follow the C&O Canal towpath into Harper's Ferry. Register by: 9/7.

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
19852	Su	Sep 17	8am-5pm	\$36/\$45

Depart From: Rockville City Hall

Women on the Move

If you are a woman over age 30 and would like to participate in activities without the pressure to 'keep-up' with those half your age... you are a candidate for Women on the Move. Each season, trips are offered to geared toward novices who have a desire to become more physically active in the outdoors. These trips do require effort, but the friends you meet and the sights you see make it all worthwhile! For more information, call 240-314-8627.

Bike "Off the Beaten Path" in DC

Explore some lonely landmarks of Washington DC on an easy 3 hour bike tour. These statues, urns and symbolic gestures of friendship are found all over DC. Discover the stories behind these landmarks from National Park Service Rangers. Bring some money for an early lunch stop before embarking on the tour. Cost includes leadership and transportation of you and your bike. Register by 9/15.

Ages: 30+

Course #	Day	Date	Time	Fee (R/NR)
19854	Sa	Sep 30	10:30am-6pm	\$32/\$44

Depart From: Rockville City Hall

Calvert Cliffs and Stoney's

Hike the four-mile circuit through park wild lands out to Calvert Cliffs. Rising up along the shores of the Chesapeake Bay, these Miocene cliffs yield fossils from millions of years ago. Stroll the beach, hunt for fossils or just relax. After hike, we will head to Stoney's Restaurant and the waterside dining porch for their famous crab cakes. Cost includes transportation and leadership. Register by: 10/12.

Ages: 30+

Course #	Day	Date	Time	Fee (R/NR)
19853	Sa	Oct 21	9am-5pm	\$36/\$45

Depart From: Rockville City Hall

Hike the Frederick Watershed

Put on your hiking boots and head up to the Frederick watershed for an 8-mile circuit hike. This is a moderately difficult route over hilly and rocky terrain. The foliage should be spectacular and the views beautiful. Bring your own picnic lunch. Cost includes transportation and leadership. Register by: 10/19.

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
19848	Su	Oct 29	9am-5:30pm	\$32/\$41

Depart From: Rockville City Hall

Horseback Riding

Let the guides from Marriott Ranch lead you on a 90-minute trail ride in the beautiful Blue Ridge Mountains. This trip is for Beginners and also more experienced equestrians. Cost includes transportation, leadership, horseback riding, and guide. Register by: 10/20.

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
19847	Sa	Nov 4	10am-4pm	\$52/\$64

Depart From: Rockville City Hall

Adults

South into Virginia

Hike #5 in this series of hikes along the Appalachian Trail in Virginia is 7 miles of moderate to difficult terrain with a 1500 foot total gain in elevation. This challenging hike snakes along the west side of the ridge through a succession of hollows and over numerous side-ridges. Cost includes transportation and leadership. Register by 11/2.

Ages: 12+

Course #	Day	Date	Time	Fee (R/NR)
19857	Su	Nov 5	8am-5:30pm	\$35/\$45

Depart From: Rockville City Hall

Map and Compass Skills

Whether you are going hiking, boating, fishing or hunting; you should always know how to get where you want to go. And even more important, how to return. This program will teach you the basics of how to read a map and use a compass. Refine your skills as we hike around the park. Cost includes equipment and instruction. Register by: 11/2

Ages: 12+

Course #	Day	Date	Time	Fee (R/NR)
19846	Su	Nov 12	12 noon-3pm	\$23/\$28

Depart From: Croydon Creek Nature Center

Angel Tour and Tea

You'll be awed and inspired by the many angels depicted throughout the Washington National Cathedral. A docent will guide us, weaving tales into the history of this national landmark. The one-hour tour is followed by a lovely Tea in the bell tower. What a wonderful way to begin the holiday season. Cost includes transportation, leadership, tour and Tea. Register by 11/15

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
19856	Tu	Dec 5	12 noon-5:30pm	\$38/\$45

Depart From: Glenview Mansion

Run Under The Lights

Every Wednesday night, with the exception of school holidays and school closings due to inclement weather, the lights are turned on at the **Wootton HS** track. Montgomery County Road Runners Club personnel will be present and can help you set up a running or walking program.

Note: Everyone is welcome, however ages 16 and under must be accompanied by an adult.

Registration is open every Wed. night at **Wootton High School**. Free.

Dates: 9/13-4/11, Wednesday, 7-8:30 p.m.

Christmas Spectacular at Radio City

Kick off the holiday season by attending the Rockettes' Annual Christmas Spectacular at Radio City Music Hall in New York City. Take in the sites of Manhattan after the 12 noon show. Don't wait to register, this trip will sell out! The cost includes luxury tour bus transportation, admission ticket and leadership. Register by: 11/1.

Ages: 6+

Course #	Day	Date	Time	Fee (R/NR)
19845	Su	Dec 10	6:30am-11pm	\$160/\$185

Depart From: Rockville City Hall

Mary Poppins on Broadway

If you liked the Lion King, you will love Mary Poppins! This spectacular new musical will be opening October 14 at the New Amsterdam Theatre and we have First balcony seats for you! Register early as this will book up fast. Cost includes theatre ticket and coach transportation. Participants under 18 must be accompanied by an adult.

Ages: 5-99

Course #	Day	Date	Time	Fee (R/NR)
20380	Sa	Apr 28	8am-10pm	\$135/\$162

Depart From: Rockville City Hall

